

Joint at the base of the thumb: First carpometacarpal joint

Type of joint

Saddle-type synovial joint

Articulating surfaces

Trapezium and the base of the 1st metacarpal

Articular capsule

Coveres the articulating surfaces

Ligaments

anterior oblique (volar) ligament (AOL)
dorsoradial ligament,
posterior oblique ligament
intermetacarpal ligament.

Stability factors

Ligaments, mainly

Movements

Angular movements in any plane:
Flexion- extension
Adduction-abduction
(thus, circumduction)
opposition

Blood supply

Periarticular arterial anasomoses of the wrist and hand
(basically, the arterial arches)

Nerve supply

Anterior interosseous branch of the median nerve,
posterior interossous branch of the radial nerve, and dorsal
and deep branches of the ulnar nerve